

A Newsletter for Juneau County Seniors & Adults with Disabilities



AGELESS



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December , 2011

NOTES FROM HEIDI NO. 355

Hello Everyone—

December is here, can you believe it? This year has gone like a flash. Seems like yesterday that we were talking about a heat wave and today was our first real snow. And sloppy it was! Quite a way to be reintroduced to this year's winter weather. Can't say I am ready, but it has arrived!

It's been a busy year for us at the ADRC and we have had an opportunity to see many of you at our mealsites, at speaking engagements around the county, and chatting with you in your homes, here at the office, and on the phone. We certainly have been around, and we enjoy assisting you with your needs and giving you information that will improve the quality of your life.

As the winter progresses we want to remind you to tune into WRJC at 92.1 FM dial to listen for mealsite closings. It's usually on the radio before 7 a.m. so that you and our meals drivers can plan for the day. We have provided shelf stable meals to our homebound participants to use for their meal on closing days to help fill the gap. Hopefully Mother Nature will smile on us and we will be able to keep our sites open.

It is my hope that during this time of holiday preparation and time with friends and families that you can look back on this year as one filled with good memories. We don't have to spend money on gifts to enjoy our time with our loved ones. Just taking stock of the relationships we share and the blessings we enjoy every day of the year can be the greatest gift of all.

Our entire staff wishes you a Healthy and Happy Holiday Season and the Best of Everything in 2012! See you next year!

Heidi

December Schedule, 2011

Wednesday, Dec. 7- Pearl Harbor Remembrance Day

April Martell, U.W. Extension Coordinator will give program on Healthy Eating at Adult Center, Mauston at 11:30 a.m.

Thursday, Dec. 8- April Martell will give program on Healthy Eating at Camp Douglas Village Hall at 11:05 a.m. and then one at New Lisbon Mealsite at noon.

Friday, Dec. 9- April Martell will give program on Healthy Eating at Bernie's Wagon Wheel II, Wonewoc at 11:30 a.m.

Monday, Dec. 12- Committee on Aging and Disability Meeting 9: 30 a.m.in Room 1 in Juneau County Courthouse basement.

Alzheimer Support Group meets 1:30 p.m. in ADRC

Tuesday, Dec. 13- April Martell will give program on Healthy Eating at Beagles Bar & Grill, Lyndon Station at 11 a.m.

Wednesday, Dec. 14- Domestic Violence Coalition Meeting at noon in Mauston Park Oasis Restaurant.

Thursday, Dec. 15- Sharing Supper-"Rockin' Around the Holiday Tree" There will be cookie decorating, live music, blood pressure screening, educational programs and demonstrations and give aways.... This month's sponsors will be: Bank of Mauston and Mauston Chamber of Commerce.

Tuesday, Dec. 20- Christmas Party at Mauston, New Lisbon, Necedah, Camp Douglas, Lyndon Station and Elroy mealsites.

Wednesday, Dec. 21- Winter begins.

April Martell will give a program on Healthy Eating at Necedah Village Hall at 11:30 a.m.

Thursday, Dec. 22- April Martell will give program on Healthy Eating at Grace Lutheran Church, Elroy at 11:30 a.m.

Christmas Party at Bernie's Wagon Wheel II, Wonewoc

Saturday, Dec. 24- Christmas Eve.

Sunday, Dec. 25- Christmas Day

Saturday, Dec. 31- Happy New Year!

PERSONS WANTED:

The Aging and Disability Resource Center is seeking persons interested in serving as AARP TAX AIDE Volunteers to prepare taxes in the 2012 season. Persons with past accounting and/or tax preparation background would be ideal for this volunteer opportunity.

AARP and IRS provide free training to preparers in January and have initiated electronic tax preparation to improve the speed of tax returns. Training schedules will be available soon for anyone interested in pursuing this opportunity. Some reimbursement is available through AARP for expenses incurred during the tax season. Preparation of returns is done in various public locations around Juneau County from February through April of each year. *If you are interested in volunteering for this program or would like more information please contact Heidi Randall, ADRC Director, at 608-847-9366.*

Mile Bluff Medical Center Dates

Health Fairs- *Appointments are required for all tests. Call numbers as indicated below.* Free heart disease and diabetes risk assessments. Free blood sugar and blood pressure screenings. Free hearing tests (8-11 a.m. only) Total Cholesterol tests (no fasting) for \$10 and lipid profile tests (12 hour fasting) for \$20.

Refreshments and door prizes. **Thursday, Dec. 8 7-11 a.m. in Mile Bluff**

Medical Center, Call 608-847-1845. **Thursday, Dec. 15 7-11 a.m. in Mile Bluff-Delton Family Medical Center**, Call 608-254-5888.

Free Screenings for Farmers- *Appointments are required for all tests, call 608-847-1845.* Free back screenings and hearing, lung capacity, cholesterol, blood pressure and blood sugar testing is available for all farmers. No fasting is required for any of the tests. **Thursday, Dec. 1- from 10 a.m. to 2 p.m. in Mile Bluff Medical Center in Mauston.**

Winter Walking- *For specific locations and times, call 608-847-1845.* Don't let the cold weather keep you from exercising this winter. On school days, many area schools are open so the public can walk indoors.

Mauston High School- 6:30-7:30 a.m. & 3:45-5 p.m.
Olson Middle School- 6:30-7:30 a.m. & 4-6 p.m. Enter at West Parking Lot, Door #1.
West Side Elementary School- 4-7 p.m.
New Lisbon Schools- 6-7:30 a.m. & 4-6 p.m. Use Multi-purpose room entrance.
Necedah Schools- 6-7:30 a.m. & 6:30-8:30 p.m. Use entrance by flag pole
Wonewoc-Center School- 7-8 a.m. & 4-6 p.m.
Wisconsin Dells High School- 6:15-7:30 a.m. & 3-6 p.m. Enter at front door.
Royal High School Gym- 7-8 a.m. & 3:30-6 p.m.
Royal Middle School- 6:30-7:30 a.m. & 3:30-6 p.m.
Adams-Friendship High School- 6:30-7:30 a.m. (M) 5:30-7:30 p.m.(T-F) 4-9 p.m. (M-F)

Grief Support Group- *For more information, call Jeff Fairchild at 608-847-1285.*

Thursdays, Dec. 1 & 15 at 7 p.m. in Mile Bluff Medical Center in Mauston.

AA Group- *For more information, call 608-847-6878 or call the AA Hotline at 608-222-8989.* This group will meet Sundays at 6 p.m. and Mondays at 6:30 a.m.

AL-ANON Group- *For more information Call 608-562-5611.* This group meets on Mondays at 7 p.m. in Mile Bluff Medical Center, Mauston.

Gambling Anonymous Group- *If you are interested in group meetings or GA resources, Call Arlene at 608-847-6893.*

Narcotics Anonymous Group- *If interested in a group meeting or NA resources, call Dennis at 608-562-6223 or 608-547-2533.*

Parkinson's Support Group- *If you are interested in group meetings call Arlene at 608-847-6893.*

Outpatient Counseling- *For more information, call 608-847-6893.* Group and individual counseling services are available in Mauston, Elroy, Necedah and Lake Delton.

Educational Programs – SMART BALANCE- *For information and to register, call 608-847-1297.* Smart Balance is a weight management and nutrition class. This 8 week program will begin in January. Dates and times of classes will be determined by participant interest. Registration is required.

News from Our Mealsites

Camp Douglas Mealsite- For October-

As we walk into our lunchroom, we are greeted by a scarecrow family, witches, skeleton and colored strings of Halloween lights, lighted pumpkins and our Christmas tree which now is adorned with colorful fall leaves and little pumpkins. We are now ready for our Halloween party planned by Sharon Barnharst. We have been so lucky to have had Penny, Kari and now Sally. They treat us so well and see to the decorating and our welfare.

One of our members, Darrell Stowell, took the Freedom Honor Flight to Washington D.C. on September 17th. The service men were treated to tours of all the monuments and other places of interest and they all had a great time.

By Madeline Schroeder, Camp Douglas Reporter.

Thank You- Sally.

For November-

Soon Thanksgiving will be here and we all have so much to be thankful for. Getting a big meal used to be a long tiring process. How could we do without our microwave (1947) and Betty Crocker gave us the first cake mix in a box (1948), Chase and Sanborn gave us ground coffee in a can (1948). No more grinding coffee beans. In 1939 Campbell came out with canned tomato soup, Howard Johnson was famous for its 28 flavors of ice cream. With all the new food products on the market today, meal time is a breeze. Our lives have been made easier. We do enjoy these wonderful new discoveries today and who knows what tomorrow will bring. Happy Thanksgiving from the Camp Douglas Mealsite.

By Madeline Schroeder, Camp Douglas Reporter.

Necedah Mealsite

From Necedah Nutrition site. 537-3125

Christmas Dinner is on Tuesday December 20. A delicious meal has been planned for us. We invite all of the Bingo players to come at 10:30a.m. to get a card. We will enjoy some cheese & crackers with punch & coffee until lunch is served. Give me a phone shoutout if you want to join us, ANYTIME.

A big thank you to the Bank of Mauston, Necedah branch & the Necedah Bank for the donations towards our dinner and bingo

Happy Birthday to Bea Andrews on the 28th. She is living at Oak Grove now and doing well.

Starting in January 2012 I would like to have game day on Tuesdays, 10:30 maybe. I would appreciate suggestions. It doesn't always have to be bingo. Call me, Nancy Nelsen Site Manager. 547-3125
Merry Christmas & Happy New Year.

New Lisbon

Road Construction.....DONE! October was busy, busy, busy. Birthdays, flu shots, Columbus Day, furlough day, Halloween and our annual site manager meeting. Between figuring out who was picking up meals on what days, and delivering to my homebounds and doing paperwork daily, I didn't know if I was coming or going. Can't wait til someone is hired to replace Preston. NORMALCY never sounded so good. Our new grocery store is opening the 26th of October. Can not wait.

We have no birthdays in November to celebrate at our site, but we have Veterans Day and Thanksgiving. Special "Thanks to all veterans, past and present and all soldiers for protecting and serving the good ole USA. Happy Thanksgiving to all

Reducing Holiday Stress

Here come the Holidays! Family gatherings, parties, teas, concerts, shopping, presents, decorations, greeting cards and list goes on. Many people look forward to the hustle and bustle, reconnecting with family and friends and the snowy magic of the holiday season. Others, however, look to this season as time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may also feel additional stress and sadness during the holidays. It may be difficult to keep up holiday traditions with the added caregiving responsibilities. And changes in physical health and behavior might also leave the caregiver uncertain about the usual parties and gatherings. If you are someone who is experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal. Here are some ideas to help reduce stress this holiday.

- **Ask for help in meeting your goal.** Involve other family members or friends in cooking, baking, decorating, shopping or sending cards. Not only does this reduce your stress, but it provides you and your loved one with good socialization. Write down tasks that need to be completed so you can be specific when people offer to help. And remember that some things can be undone!
- **Change your expectations.** You may not be able to do everything you've always done. Talk with your family and choose a few traditions that are the most important. Focus on what you will do *this* year. Remember that you can always do things differently next holiday season. This doesn't have to be a new tradition.

- **Prepare family and friends before getting together.** Let them know how their loved one has changed due to their disease or condition. Give them ideas on how best to communicate with them and what they can expect.
- **Offer suggestions for gifts.** Give friends and family ideas of useful gifts they can purchase for their loved one such as music CD's, photo albums, comfortable clothing, videos or book tapes. Don't forget your own wishes, too! Gift certificates for dining out, massages or spa treatments and laundry or cleaning services are some ideas of gifts for the caregivers.
- **Keep the needs of your loved one in mind.** For those dealing with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Some victims of stroke have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. Perhaps an afternoon of looking at old slides or photos and reminiscing would be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.
- **Be good to yourself.** Be aware that the holidays can be stressful and prioritize time for you to get away. A lunch out with friends, trip to the beauty parlor or movie theater or going to a concert are simple things that can leave you feeling rejuvenated and more able to have a happy holiday. And when you are feeling relaxed and healthy your loved one will also be more content.

May everyone enjoy a stress-free holiday season filled with love, joy, and good memories!

SPOTLIGHT ON SOCIAL SECURITY

December, 2011

Social Security Is Home For The Holidays

Distributed by Ken Hess, Social Security Public Affairs Specialist for Wisconsin

It's the holiday season. That means time to do the holiday shopping, prepare the festive dinner, decorate the house, invite the guests, wrap the gifts, write and send holiday greetings. Not to mention, it also means the usual time consumers, like working, taking care of the family, doing all of the daily chores.

There's a lot to do during the holiday season. Probably the last thing on your list is spending precious time at a Social Security office (or on the phone) waiting to conduct business--- especially if you don't need to. However, if contacting Social Security is something you need to do during the holiday rush, let us give you some tips on the best way to save yourself some time and get your business done.

The busiest time for Social Security field offices and the agency's toll free telephone number are early in the week and early in the month. So if your business can wait, it's best to contact us at other times. The same is true during the holiday season—especially the week between Christmas and New Year's. If

you must do business with Social Security during the holidays, you may experience more busy signals on the telephone and longer wait times in local offices.

There's an even better way to conduct your business: online at www.socialsecurity.gov. There you will find a wealth of information and online services. For example, you can apply online for Social Security benefits or for Medicare, and then you can check on the status of your pending application. If you already receive Social Security benefits, you can go online to change your address, phone number, or your direct deposit information, get a replacement Medicare card, or request a proof of income letter.

Visit our website at www.socialsecurity.gov and save yourself a call or a trip to our office. It's fast, easy and secure to conduct your business with Social Security online.

But if you do need to speak to a Social Security representative one-on-one, we'll be there for you. Call us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your Social Security office.

Ken Hess is the Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 2213-8th Street South, Wisconsin Rapids, WI 54494 or via email at Kenneth.hess@ssa.gov.

Save Some Time During The Holidays—online

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI.

The holidays are here and that means busy days ahead for families across the nation: gift shopping, preparing for guests, sending out holiday greetings, looking up recipes for favorite traditional dishes, checking those credit card and bank account balances.

Many people have found an easier way to manage many of their activities of the holiday season by going online. Some shoppers have eliminated the need to go to crowded shopping malls for holiday gifts by taking care of it over the Internet. Some even look up recipes on the Internet and send holiday greetings by email. You'll find that these types of convenient, secure transactions can also be found in places you may not ordinarily think to look—for example, at www.socialsecurity.gov!

You can apply online for benefits, obtain information, plan for retirement, and request a replacement Medicare card, even apply for *Extra Help* with your prescription drug costs all at www.socialsecurity.gov.

You can handle much of your Social Security business quickly and securely from your home or office computer. If you visit our website at www.socialsecurity.gov you will find that you can---

- Get an instant, personalized estimate of your future social security benefits;
- Apply for retirement, disability and spouse's benefits;
- Check the status of your benefit application;
- Change your address and phone number, if you receive monthly benefits;
- Sign-up for direct deposit of Social Security benefits;

- Use our benefit planners to help you better understand your Social Security protection as you plan for your financial future;
- Find the nearest Social Security office; and
- Request a replacement Medicare card.

Looking for more Social Security information? You can go online to find out almost anything you need to know about the Social Security program. Information is available on subject ranging from how to get a Social Security number for a newborn to how to go back to work while receiving disability benefits.

This holiday season, do you want to have more time to visit with friends and family? If so, take care of your Social Security business at www.socialsecurity.gov.

Gift of A Good Retirement

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

When the holidays come, the money goes--- usually for presents and parties, greeting cards and traveling to see family. Before you spend that last holiday buck, make sure you set some cash aside for retirement as a gift to yourself.

If you haven't started already, now is the time to begin saving for your retirement—no matter what your age. If retirement is near, you'll want to hop on a fast sled right away. If you're younger and retirement seems a lifetime away, it's still in your best interest to begin saving now--- compound interest will help your retirement fund to snowball.

Don't take our word for it. You can check out the numbers yourself. A great way to start figuring out how much you will need for retirement is to learn how much you could expect from Social Security. You can do that in minutes with Social Security's online *Retirement Estimator*.

The *Retirement Estimator* offers an instant, personalized estimate of your future retirement benefits based on your earnings record and a few variables you enter. Try it out at www.socialsecurity.gov/estimator.

We encourage saving for retirement, but there are reasons to save for every stage of life. A great place to go for help is www.mymoney.gov is the U.S. government's website dedicated to teaching Americans the basics about financial planning. Whether you are planning to buy a home, balancing your checkbook, or investing in your 401(k) plan, the resources at www.mymoney.gov can help you.

Be sure to give yourself a holiday gift you deserve. Not only should you set aside some money for your retirement fund, but you should also spend some time looking at these websites and picturing your future retirement. Spend a little bit of holiday time at www.socialsecurity.gov.

Social Security Helps The Homeless

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI.

More than a half a million Americans experience homelessness on any given night. Nearly 20% of them are “chronically homeless” meaning they are in the streets regularly.

Social Security has several programs that pay benefits to qualified individuals, including those who are homeless. These programs include retirement, disability, and survivor’s benefits, as well as Supplemental Security Income (SSI), which is a needs-based program for people who are blind, disabled or age 65 or older. If you know someone who is homeless and you want to learn more about how Social Security might help, a good place to get information is at

www.socialsecurity.gov/homelessness.

That page includes a link to the Spotlight on Homelessness—a website designed to help the homeless apply for SSI. It’s available at

www.socialsecurity.gov/ssi/spotlights/spot homeless.htm.

The homelessness page also includes links to information on health care for the homeless, institutionalization, advocacy groups, reports on homeless outreach, and even links to other websites like the U.S. Interagency Council on Homelessness and HUD.

You’ll find other information helpful to the homeless on www.socialsecurity.gov. For example, there is a link to our Benefit Eligibility Screening Tool or BEST. Based on answers to various questions, this tool helps determine the benefits someone might be eligible for and gives information about how to qualify and apply. Go directly to www.socialsecurity.gov/best.

Tell anyone you know who is homeless or threatened with homelessness to use the Benefit Eligibility Screening Tool and to check out the different types of benefits and assistance they may be eligible to receive. Spread the word about the help available to the homeless. Visit www.socialsecurity.gov/homelessness to learn more.

The 12 Sites of Social Security

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

During the holiday season, it’s hard to walk in a public place without hearing a Christmas carol or two. One of the most popular traditional songs is “The Twelve Days of Christmas.” It’s been a holiday favorite since it was published in 1780. Here’s our take on the song: The 12 sites of Social Security.”

For the first site of Social Security, we present to you: our home page, www.socialsecurity.gov. It’s the place to go for all things Social Security. Everything you could want—from online services and screening tools to publications and press relations-- can be found easily from this starting place.

On the second site of Social Security, we present to you: an easy way to get or replace your Social Security card using our online application at www.socialsecurity.gov/ssnumber.

On the third site of Social Security, we present to you: an online application for retirement benefits that you can complete and submit in as little as 15 minutes at www.socialsecurity.gov/planners/about.htm.

On the fourth site of Social Security, we present to you: a secure, convenient way to apply for disability benefits at www.socialsecurity.gov/applyfordisability.

On the fifth site of Social Security, we present to you: five estimates of your future Social Security benefits! Or one, or as many as you would like using different scenarios. Get instant, personalized estimates of your future benefits at www.socialsecurity.gov/estimator.

On the sixth site of Social Security, we present to you: an online application for Medicare that lets you complete an application for Medicare that lets you complete an application for Medicare benefits in as little as 10 minutes, at www.socialsecurity.gov/medicareonly.

On the seventh site of Social Security, we present to you: *Extra Help* with prescription drug costs. You can learn more and apply online at www.socialsecurity.gov/prescriptionhelp.

On the eighth site of Social Security, we present to you: our convenient publication library with online booklets and pamphlets on numerous subjects, at www.socialsecurity.gov/pubs.

On the ninth site of Social Security, we present to you: popular baby names and trends based on child Social Security card applications over the years at www.socialsecurity.gov/OACT/babynames.

On the tenth site of Social Security, we present to you: the location of your nearest Social Security office, no matter where you are, at www.socialsecurity.gov/locator.

On the eleventh site of Social Security, we present to you: a way to get your Social Security forms online, at www.socialsecurity.gov/online.

On the twelfth site of Social Security, we present to you: services for people who are currently receiving benefits, like the ability to replace your Medicare card, get or change a password, request a proof of income letter, or check your Social Security information or benefits. You can do these and other things at www.socialsecurity.gov/pgm/getservices-change.htm.

Get all your Social Security services and information at www.socialsecurity.gov.

Questions & Answers

General

Question: When a person who has worked and paid Social Security taxes dies, are benefits payable on that person's record?

Answer: Social Security survivor's benefits can be paid to:

- A widow or widower—unreduced benefits at full retirement age, or reduced benefits as early as age 60;

- A disabled widow or widower—as early as age 50;
- A widow or widower at any age if he/she takes care of the deceased's child who is under age 16 or disabled, and receiving Social Security benefits;
- Unmarried children under 18, or up to age 19 if they are attending high school full time;
- Under certain circumstances, benefits can be paid to stepchildren, grandchildren or adopted children;
- Children at any age who were disabled before age 22 and remain disabled, and
- Dependant parents age 62 or older.

Even if you are divorced, you still may qualify for survivor benefits. For more information, go to www.socialsecurity.gov.

Question: I lost my Social Security Card. Should I get a new one?

Answer: you may not need to get a replacement card. Knowing your Social Security number is what is important. However, you can replace your Social Security card for free if it is lost or stolen. Remember you are limited to 3 replacement cards in a year and 10 during your lifetime. Learn more at www.socialsecurity.gov.

Retirement

Question- Can I get an estimate of my retirement benefit at several different possible ages?

Answer- Yes. We suggest you use our *Retirement Estimator* at www.socialsecurity.gov/estimator to test different retirement scenarios. This online tool will give you retirement benefit estimates based on current law and real time access to your earnings record. The *Retirement Estimator* also lets you create additional “what if” retirement scenarios. It's even available in Spanish at www.segurosocial.gov/calculador. You can test even more alternatives at www.socialsecurity.gov/planners/calculators.htm.

Question: If both my spouse and I are entitled to Social Security benefits, is there any reduction in our payments because we are married?

Answer: No. We calculate lifetime earnings independently to determine each spouse's Social Security benefit amount. When each member of a married couple meets all other eligibility requirements to receive Social Security retirement benefits, each spouse receives a monthly benefit amount based on his/her own earnings. Couples are not penalized simply because they are not married. If one member of the couple earned low wages or failed to earn enough Social Security credits (40) to be insured for retirement benefits, he/she may be eligible to receive benefits as a spouse. Learn more about Social Security at www.socialsecurity.gov.

Disability

Question: I am receiving Social Security disability benefits. Will my benefits be affected if I work and earn money?

Answer: It can, depending on how much you make. We have special rules called “work incentives” that help you keep your cash benefits and Medicare while you test your ability to work. For example, there is a trial work period during which you

can receive full benefits regardless of how much you earn, as long as you report your work activity and continue to have a disabling impairment. For more information about work incentives, we recommend that you read the leaflet *Working while disabled-How can we help*, at www.socialsecurity.gov/pubs/10095.html.

Question: Is there a time limit on Social Security disability benefits?

Answer: Your disability benefits continue as long as your medical condition has not improved and you cannot work. We will review your case at regular intervals to make sure you are still disabled. Learn more by reading our publication, *Disability Benefits*, at www.socialsecurity.gov/pubs/10029.html.

Supplemental Security Income

Question: Is it true that a person can own a home and still be eligible for Supplemental Security Income (SSI) benefits?

Answer: Yes, a person who owns a home and lives in the home can be eligible for SSI benefits. SSI is for people who are disabled, aged, or blind and who have limited income and resources. However, there are some items we not count as resources, such as the home you live in. For more information, read our booklet, *Supplemental Security Income*, at www.socialsecurity.gov/pubs/11000.html.

Question: I know you need to have limited resources to receive Supplemental Security Income (SSI). But what is considered a resource?

Answer: Resources are things that you can use for support. They include cash, real estate, personal belongings, bank accounts, stocks and bonds. To be eligible for SSI a person must have no more than \$2,000 in countable resources. A married couple must have no more than \$3,000 in countable resources. If you own resources or the SSI limit, you may be able to get SSI benefits while trying to sell the resources. Not all of your resources count toward the SSI resource limit.

For Example-

- The home you live in and the land it's on do not count.
- Your personal effects and household goods do not count.
- Life insurance policies may not count, depending on their value.
- Your car usually does not count.
- Burial plots for you and members of your immediate family do not count.
- Up to \$1,500 in burial funds for your spouse may not count.
- If you are blind or have a disability, some items may not count if you plan to use them to work or earn more income.

You may also wish to read our material on "resources" in the booklet, *Understanding SSI*, at www.socialsecurity.gov/text-understanding-ssi.html

Medicare

Question: If I call 1-800-772-1213, can a Social Security representative take my application for Medicare prescription drug help over the phone?

Answer: If an interviewer is available when you call the 800 number, he or she can take your application over the phone. If an interviewer is not immediately available, we can schedule a telephone appointment for you. For the fastest and

most convenient way to apply for Medicare prescription drug help, go online at www.socialsecurity.gov/prescriptionhelp.

Medicare Rights

Medicare-Covered Preventive Services

If you have Original Medicare, you pay no coinsurance or deductible for certain preventive services, if you see a doctor who participates in Medicare.

However, you may have costs for some of these preventive services if your doctor makes a diagnosis during the service or does additional tests or procedures. For example, if your doctor removes a polyp during a colonoscopy will be considered diagnostic and costs may apply.

Medicare covers preventive care whether you're in original Medicare or a Medicare Advantage plan (also known as private health plan). In 2011, Original Medicare began covering the full cost of the services listed below. Starting in 2012 Medicare Advantage plans must also cover the full cost for these services as long as you follow the plan's rules.

Services Medicare Covers without a Coinsurance or Deductible in 2012

Care	Service & Frequency
Welcome to Medicare Exam	A one-time examination that includes an electrocardiogram (EKG); and height, weight and blood pressure measurement Covered if you receive the exam within 12 months of enrollment in Medicare Part B.
Annual Wellness Visit	A yearly visit in which your doctor updates your medical history and current prescriptions, measures your height, weight and blood pressure and body mass index; creates a screening schedule for the next 5-10 years and screens for cognitive issues.
Breast Cancer Screenings	Mammogram Screening: Once every 12 months for women age 40+; women between ages 35 and 39 can get one baseline mammogram. Note: Medicare Advantage plans can't require you to get a referral for mammograms. Breast Examination: once every 24 months, if at risk every 12 months.
Heart Disease Screening	Blood Test to screen for cholesterol, lipid & triglyceride levels: once every 5 years
Osteoporosis Screening	Bone Mass Measurements: Once every 24 months; more frequently if medically necessary.
Diabetes Screenings	Once every 12 months if you have a family history or are at risk for diabetes. Twice a year if you have been diagnosed with pre-diabetes.
Colon	Fecal Occult Blood Test: once every 12 months for people 50+

Cancer Screenings	Colonoscopy: once every 10 years if you are not high risk; once every 24 months if you are high risk. Flexible Sigmoidoscopy: once every 48 months
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Services Medicare Covers Without a Coinsurance or Deductible in 2012 (continued)

Vaccinations	Pneumonia shot: most people need only 1 shot in a lifetime. Flu Shot: once a season Hepatitis B Shot: only for people at med to high risk
Smoking Cessations	Counseling to stop smoking for people without smoking related illnesses: Covers 2 quitting attempts per year; each attempt includes 4 counseling sessions.
Cervical Cancer Screenings	Pap Smear and Pelvic Examination: once every 24 months; if at risk, once every 12 months.
Prostate Cancer Screenings	Prostate specific antigen (PSA) test: once every 12 months for men age 50 or older
Medical Nutritional Therapy	Therapy to help you learn to eat well so you can better manage your illness. With a doctors referral, people with diabetes, chronic renal disease or those who have had a kidney transplant can receive 3 hours of therapy in the first year and 2 hours every year thereafter.

Services Original Medicare covers With Coinsurances or Deductibles in 2012.

Care	Service & Frequency	What you pay
Glaucoma Screening	Once every 12 months if you are at high risk. Screening must be supervised by a state certified eye dr.	20% after you pay your Part B deductible
Colon Cancer Screening	Barium enema: once every 48 months or every 24 months if at high risk.	20% before you pay part B deductible.
Prostate Cancer Screening	Digital rectal exam: once every 12 months	20% after you pay your Part B deductible.

The costs listed on the chart above are for people in Original Medicare. If you're in a Medicare Advantage plan, check with your plan to find out how much you'll pay for these services.

Note: Diabetes supplies, including glucose monitors, test strips and lancets are covered under Part B with 20% coinsurance after you have paid deductible. Starting in 2011, in some states (CA, FL, IN, KS, KY, MO, NC, OH, PA, SC, TX) Medicare only covers mail-order diabetic supplies if you get them from an approved supplier. Syringes and insulin are covered under Part D.

The Veteran's History Project

By Congressman Ron Kind

I believe we owe an enormous debt to our men and women in uniform. A great way to show our gratitude is to encourage them to share their memories and experiences. This is why in 2000; I authorized legislation creating the Veterans History Project (VHP). The VHP allows veterans and their families to record their stories and preserve them for future generations. These recordings are entered into permanent collection in the Library of Congress, where they will serve as a permanent reminder of the sacrifices these men and women made defending our country. The Veteran's History Project of the American Folklife Center collects, preserves, and makes accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war.

The project collects first-hand accounts of U.S. Veterans from World War I and II, the Korean War, Vietnam War, Persian Gulf War and Afghanistan and Iraq conflicts. Nearly 80,000 stories have been collected, the largest oral history collection, but there are still millions of stories to be told.

If you are a veteran, I encourage you to record your story. And if not, I urge you the veterans in you to ask the veterans in your life to record their stories. There is no better way to honor their service,

For more information on how to participate in the program and/or interview a veteran, please visit my website at www.kind.house.gov or the Library of Congress at www.loc.gov/vets. If you need help recording your story please contact Mark in my office at 608-782-2558.



December Birthdays

Dec. 1- Jo Ann Salava **Dec. 4-** Cathy Spatola **Dec.7-**Lois Hall
Dec. 7- Katie Connor **Dec. 9-**Alice Maynard **Dec. 10-** Henry Schmid
Dec. 11-Marilyn Walden **Dec. 12-**Shirley Garner
Dec. 13- Roger Thul, Karen Caple **Dec. 13-** Rusty Fitzgerald
Dec. 16- Barbara K. Schramer **Dec. 21-** Virginia Strege
Dec. 22- Pat Walker **Dec. 28-** Caroline Bolden, Tom Belsky & Ronald Lee.

Hi Friends!!

To help save the economy, the Government will announce next month that the Immigration department will start deporting seniors (instead of illegals) in order to lower Social Security and Medicare costs. Older people are easier to catch and will not remember how to get back home. I started to cry when I thought of you. Then it dawned on me...oh, no!!... I'll see you on the bus!!

Anonymous.

WONEWOC MENU
Bernie's Wagon Wheel II
229 Center Street, Wonewoc

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 29	November 30	December 1	December 2
Baked Fish Potato Wedges Carrot Coins Multi-Grain Bread/Butter Chilled Pineapple	Quiche Lorraine Cheesy Hashbrowns Winter Mix Veggies Raisin Bran Muffin with Butter Banana	Meat Loaf Roasted Red Potatoes Spinach Wheat Bread/Butter Peach Cobbler	Budget Cut Day Site Closed
December 6	December 7	December 8	December 9
Beef Pizza Casserole Corn Caesar Salad Garlic Toast Orange	Salisbury Steak Seasoned Noodles Creamed Corn Wheat Bread/Butter Mandarin Oranges	Tator Tot Casserole Cauliflower Wheat Bread/Butter Chilled Peaches Frosted Brownie	Fish/Tartar Sauce Augratin Potatoes Creamed Peas Wheat Roll/Butter Applesauce
December 13	December 14	December 15	December 16
Sweet-Sour Pork Seasoned Rice Steamed Cabbage 12-Grain Bread/Butter Chilled Peaches	Swedish Meatballs Whipped Potatoes Winter Mix Wheat Roll/Butter Tropical Mixed Fruit	Egg Salad/ Wheat Bread Tomato Basil Soup Fruit Cocktail Angelfood cake with Whipped Topping	Fish/Tartar Sauce Potatoes Fresh Squash Wheat Bread/Butter Fruit Crisp
December 20	December 21	December 22	December 23
<u>Christmas Dinner</u> Savory Baked Chicken Mashed Potatoes/Gravy Parsley Baby Carrots Dinner Roll/Butter Fruit Pie	Chicken Broccoli Rice Casserole California Blend Veg. 12-Grain Bread/Butter Chilled Peaches	Rotini/Meatsauce Mixed Green Salad with Dressing Green Beans Garlic Toast Gelatin Jewels	ADRC Office & All Mealsites Closed Christmas Holiday
December 27	December 28	December 29	December 30
Roast Turkey Sweet Potato Casserole Green Bean Almondine Wheat Roll/Butter Tropical Fruit Mix	Beef Stew/Carrots Potatoes & Onion Biscuit/Butter Orange Frosted Cake	Roasted Pork Loin Whipped Potatoes & Gravy Stewed Tomatoes 12 Grain Bread/Butter Applesauce	Cooks Choice

464-7217

Suggested Donation

Congregate Meals (In Center) & Meals on Wheels (homebound)- \$3.75

MENU SUBJECT TO CHANGE WITHOUT NOTICE

MENU FOR
MAUSTON, NECEDAH, CAMP DOUGLAS, NEW LISBON, LYNDON STATION
847-9371 547-3125 427-3287 562-6592 666-2423

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
November 28	November 29	November 30	December 1
Hot Roast Beef Mashed Potatoes/Gravy Green Bean Almondine Wheat Bread/Butter Orange	Baked Fish Potato Wedges Carrot Coins Multi-Grain Bread/Butter Chilled Pineapple	Quiche Lorraine Cheesy Hashbrowns Winter Mix Raisin Bran Muffin with Butter Banana	Meat Loaf Roasted Red Potatoes Spinach Wheat Bread/Butter Peach Cobbler
December 5	December 6	December 7	December 8
Beef Pizza Casserole Corn Caesar Salad Garlic Toast Orange	Budget Cut Day All Mealsites Closed.	Salisbury Steak Seasoned Noodles Creamed Corn Wheat Bread/Butter Mandarin Oranges	Tator Tot Casserole Cauliflower Wheat Bread/Butter Chilled Peaches Frosted Brownie
December 12	December 13	December 14	December 15
Turkey & Noodles Fresh Spinach Wheat Bread/Butter Fruit Crisp	Sweet-Sour Pork Seasoned Rice Steamed Cabbage 12-Grain Bread/Butter Chilled Peaches	Swedish Meatballs Whipped Potatoes Winter Mix Wheat Roll/Butter Tropical Mixed Fruit	Egg Salad/Wheat Bread Tomato Basil Soup Fruit Cocktail Angelfood Cake with Whipped Topping
December 19	December 20	December 21	December 22
Baked Ham Augratin Potatoes Creamed Peas Wheat Roll/Butter Applesauce	<u>Christmas Dinner</u> Savory Baked Chicken Mashed Potatoes/Gravy Parsley Baby Carrots Dinner Roll/Butter Fruit Pie	Chicken Broccoli Rice Casserole California Blend Veg. 12-Grain Bread/Butter Chilled Peaches	Rotini/Meatsauce Mixed Green Salad with Dressing Green Beans Garlic Toast Gelatin Jewels
December 26	December 27	December 28	December 29
<u>Christmas Holiday</u> ADRC Office & All Mealsites Closed.	Roast Turkey Sweet Potato Casserole Green Bean Almondine Wheat Roll/Butter Tropical Fruit Mix	Beef Stew/Carrots Potatoes & Onion Biscuit/Butter Orange Frosted Cake	Roasted Pork Loin Whipped Potato/Gravy Stewed Tomatoes 12 grain bread/Butter Applesauce

Suggested Donations
Congregate Meals (In Center) & Meals on Wheels (homebound)-\$3.75

Meals Subject to Change with out notice

Mauston Mealsite- Adult Center, Courthouse Annex, 220 E. La Crosse Str.

Necedah Mealsite- Necedah Village Hall, 100 Center Street

Camp Douglas Mealsite- Camp Douglas Village Hall, 304 Center Street

New Lisbon Mealsite- New Lisbon Fire dept. 234 Pleasant Street

Lyndon Station Mealsite- Beagles Bar & Grill, 107 W. Flint Street

ELROY MENU

Monday	Tuesday	Thursday	Friday
November 28	November 29	December 1	December 2
Meatballs/Gravy Potatoes Broccoli-Cauliflower Dinner Roll/Butter Mixed Fruit	Liver & Onions Scalloped Potatoes Peas & Carrots Dinner Roll/Butter Pudding Dessert	Vegetable Beef Soup Egg Salad Sandwich Crackers Cheese Slices Fruit Salad Bar or Cookie	Budget Cut Day No Meals Served
December 5	December 6	December 8	December 9
BBQ/Bun Potatoes Green Bean Casserole Pickles Baked Custard	Baked Chicken Mashed Potato/Gravy Carrots Cranberries Dinner Roll/Butter Mixed Fruit	Spaghetti/Meatsauce Tossed Salad Cottage Cheese Peaches Garlic Bread	Fish Nuggets Tartar Sauce Potatoes Cole Slaw Dinner Roll/Butter Jello/Fruit
December 12	December 13	December 15	December 16
Potato Soup Ham Sandwich Cheese Slices Crackers Fruit Cake	Pork Roast Potatoes/Gravy Sauerkraut Hot Cinnamon Applesauce Dinner Roll/Butter Cookie	Beef Stew/Vegetables Lettuce Salad Mixed Fruit Dinner Roll/Butter Cookie	Salmon Pattie Potatoes Creamed Peas Apple Rings Dinner Roll Pudding
December 19	December 20	December 22	December 23
Hamburger Stroganoff Over Noodles Carrots Pickled Beet Slices Dinner Roll/Butter Fruit	<u>Christmas Party</u> Turkey/Stuffing Potatoes/Gravy Green Beans Cranberries Dinner Roll/Butter Torte Compliments of Dr. Anderson	Baked Ham Scalloped Potatoes Peas & Carrots Pineapple Tidbits Dinner Roll/Butter Cake	Christmas Holiday No Meals Served
December 26	December 27	December 29	December 30
Christmas Holiday No Meals Served	Chicken Noodle Soup Crackers Egg Salad Sandwich Baked Apple Creamy Coleslaw Cake	Liver & Onions Potatoes/Gravy Broccoli Dinner Roll/Butter Mixed Fruit	<u>Cook's Choice</u> Meat Potatoes Vegetables Roll/Butter Dessert

Grace Lutheran Church
206 Erickson Street, Elroy WI

462-5175

Suggested Donations

Congregate Meals (In Center) & Meals on Wheels (homebound)-\$3.75

MENU SUBJECT TO CHANGE